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ABSTRACT

Because children under age 5 are susceptible to food-borne illnesses and children in diapers present special sanitation and health problems, food safety and sanitation are emerging as important issues for child care providers. This booklet is designed to give providers and parents a quick and easy reference for food safety and sanitation. The first part of the booklet provides an overview of sanitation, covering handwashing, disinfecting, and safe diapering. The second part presents food safety basics for babies, covering safe handling of bottles, breast milk, and baby food. The third part of the booklet presents food safety basics for children in the areas of safe food handling, cooking, cleaning, cooling and refrigeration, storing leftovers, and safely handling leftovers. This section also includes food safety for field trips. A handwashing poster and refrigerator storage chart are included. The booklet concludes with a list of local and federal resources and related organizations. (HTH)

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KEEPING KIDS SAFE

A Guide for Safe Food Handling & Sanitation

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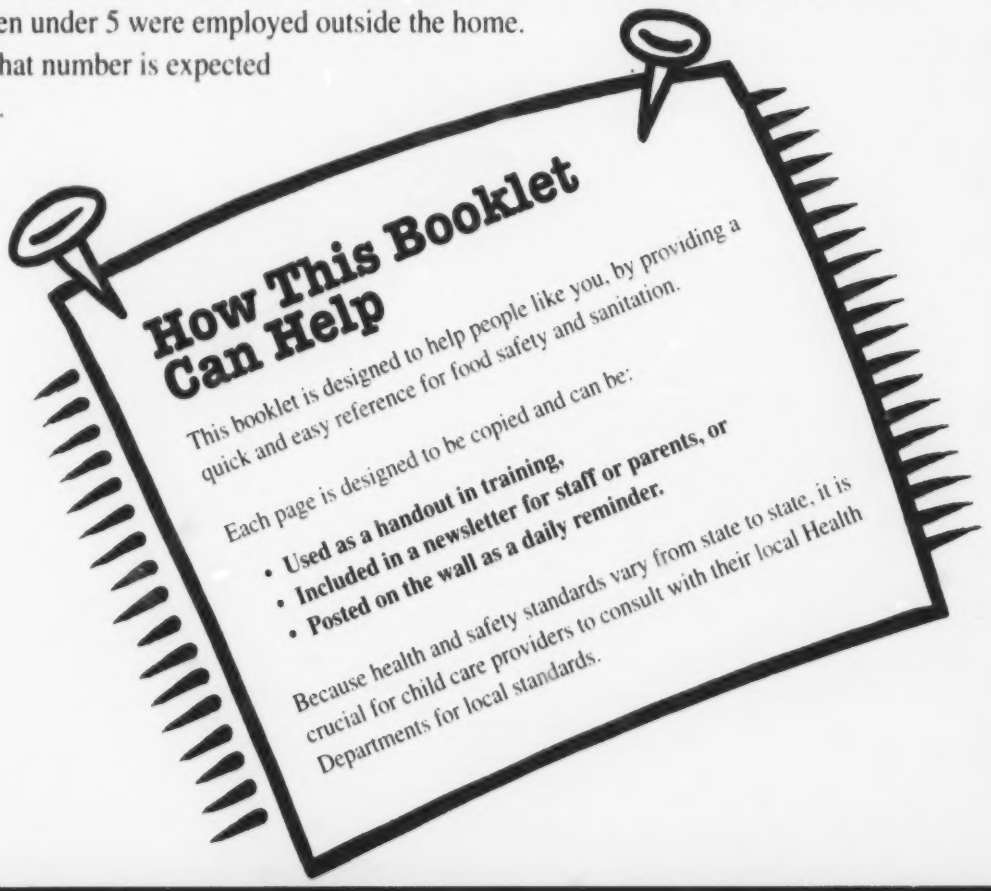
FOOD SAFETY AND SANITATION

Today, more than ever, food safety and sanitation are emerging as important issues for child care providers.

Why?

- **Children under 5 years old are especially susceptible to foodborne illnesses, which can cause serious side-effects, even death.**
- **Children in diapers present special sanitation and health problems. For instance, illness originally caused by foodborne bacteria can easily be spread by diapered children with diarrhea.**

These issues are more crucial than ever before because more children are being cared for out of the home. Growth in the child care industry will continue to be dramatic. In 1970 only 30 percent of women with children under 5 were employed outside the home. By the year 2000, that number is expected to reach 75 percent.


How This Booklet Can Help
This booklet is designed to help people like you, by providing a quick and easy reference for food safety and sanitation.
Each page is designed to be copied and can be:
• Used as a handout in training,
• Included in a newsletter for staff or parents, or
• Posted on the wall as a daily reminder.
Because health and safety standards vary from state to state, it is crucial for child care providers to consult with their local Health Departments for local standards.

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HANDWASHING

HERE'S WHY HANDWASHING IS IMPORTANT.

Children in diapers present special health challenges for other children and as well as for child care providers. According to some studies:

- diarrhea is 30 percent more common in day care children than children cared for at home and, day care workers have higher rates of diarrheal illness.

WHEN TO WASH?

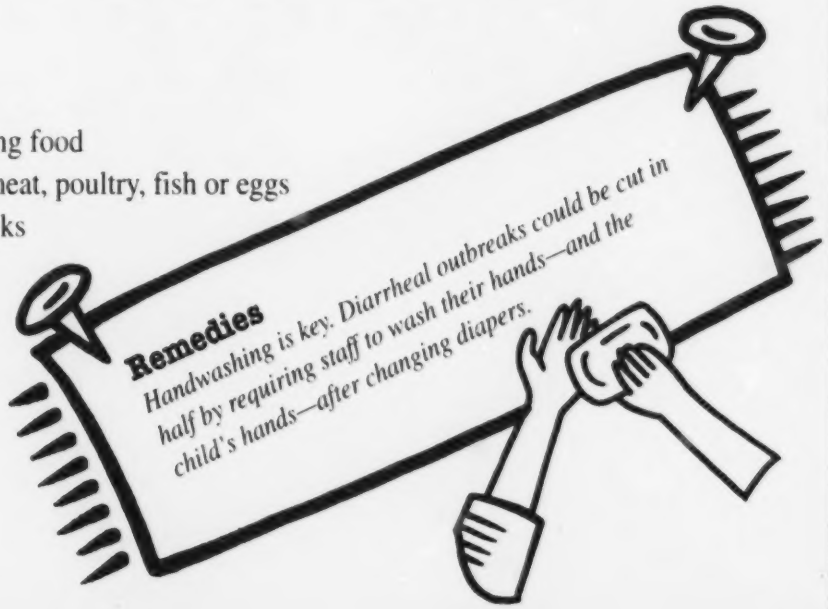
Key times for staff AND children include:

IN THE BATHROOM

- AFTER using the toilet
- AFTER changing diapers, (remember to wash the hands of the diapered child too!)
- AFTER helping a child at the toilet
- WHENEVER hands come in contact with body fluids, including vomit, saliva and runny noses

IN THE KITCHEN

- BEFORE fixing or eating food
- AFTER touching raw meat, poultry, fish or eggs
- AFTER meals and snacks


Remedies
Handwashing is key. Diarrheal outbreaks could be cut in half by requiring staff to wash their hands—and the child's hands—after changing diapers.

GERMS ON THE RUN!

While you and the children are washing hands, try this ditty:

Washing Hands Can Be Fun, Fun, Fun
Germs On The Run, Run, Run

Power 'em out—Pow
Power 'em out—Ka-zow!
Germs On The Run, Run, Run

Remember these handwashing instructions:

- **use warm running water and soap**
- **wash for 10-20 seconds**
- **rinse**
- **dry with paper towel**

DISINFECTING TIPS

When to "Disinfect" and when to "Sanitize?"

Disinfect refers to cleaning surfaces with the use of chemicals and virtually eliminating all germs. Diaper changing tables, for instance, always need to be disinfected. The Environmental Protection Agency regulates the use of disinfectants.

Sanitize is a less rigorous cleaning, designed to remove filth or soil and small amounts of certain bacteria. Surfaces that come in contact with food, like counters, are sanitized. Soap, detergent, or abrasive cleaners may be used to sanitize. The Food and Drug Administration regulates the use of sanitizer on food contact surfaces.

Whether you are using a commercial disinfectant or a sanitizer, always follow label directions carefully. Note where and how the product can be used.

Note: If you are mixing your own disinfecting solution, The National Health and Safety Performance Standards for Child Care recommend 1/4 cup bleach in 1 gallon water. Mix fresh daily. And never mix bleach with anything other than water. A poisonous gas can result.

TO PREVENT THE SPREAD OF GERMS

WHAT THINGS NEED TO BE CLEANED REGULARLY?

Diapering tables
Toys
Kitchen counter tops
Food preparation equipment, like mixers
High chair trays

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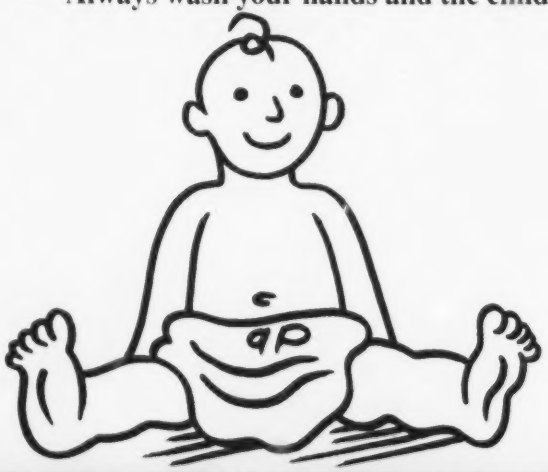
SAFE DIAPERING

THREE KEYS TO KEEPING YOURSELF AND YOUR CHILDREN HEALTHY

- **Use the diapering area ONLY for diapering. Never change diapers where you prepare or serve food.**
- **Changing tables should be cleaned and disinfected after each use. A variety of commercial disinfecting solutions are available. Directions on product labels should be followed closely.**
- **Always wash your hands and the child's hands—even if hands look clean.**



Illness Alert—Bloody diarrhea in a child may be a symptom of a potentially deadly food poisoning caused by *Escherichia coli* O157:H7. Children who are not toilet-trained are especially likely to spread the infection. Family members and day care providers should pursue medical treatment for the child and consult their local health department for advice on preventing the spread of the infection.

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SAFE HANDLING OF BOTTLES

CLEAN

- **Wash bottles, bottle caps and nipples in the dishwasher OR hand wash, rinse and boil for 5 minutes or more just before re-filling.**

REFRIGERATE

- **Keep filled bottles of formula or breast milk in the refrigerator until just before feeding**
- **Refrigerate open containers of ready-to-feed or concentrated formula**

WARMING

- **Place bottles in hot (not boiling) water for 5 minutes**
- **Shake well and test milk temperature to make sure it's not too hot before feeding**

NEVER MICROWAVE BABY BOTTLES

Why? Microwaves heat unevenly. Resulting "hot spots" can scald baby's mouth and throat.

Baby Bottles: Most Important to Remember

- Use bottles only once, then clean thoroughly before using again.
- To avoid tooth decay, and ear infections, don't put babies to bed with a bottle.

WHEN TO PITCH?

Leftover formula	**Immediately**
Why? Bacteria from the baby's mouth contaminates the formula where it can grow and multiply.	
Prepared bottle	**After 24 hours**
Open containers of ready-to-feed or concentrated formula	**After 48 hours**
Unused breast milk (May be frozen for 2 weeks)	**After 48 hours**

Final note: Check "Use by" dates on formula. If it has passed, stay safe. Throw it out.

SAFE HANDLING OF BREAST MILK

ADVICE FOR MOTHERS

Because babies are especially susceptible to bacteria, we want to help you—the parent—keep your baby safe.

Keep these guidelines in mind when preparing breast milk for your child to use while in our care.

Guidelines:

- Store breast milk in sterilized bottles
- Label each container with the name of the child, date and time milk was pumped
- Refrigerate promptly and use within two days, or
- Freeze and use within 2 weeks

SAFE HANDLING OF BABY FOOD

- **Serve food to the baby from a dish—not from a jar or can—AND**
- **Throw away uneaten food from the dish**

WHY?

The surface of the container hasn't been cleaned and may contain harmful bacteria.

Also, bacteria from the baby's mouth contaminates the food, where it can grow and multiply before being served again. Too many bacteria can make the baby sick.

Special Notes:

- Check "Use by" dates on baby foods. If the date has passed, throw it out.
- Check to see that the safety button in the lid is down. If the jar lid doesn't "pop" when opened, or is not sealed completely, don't use it.
- Don't heat baby foods in jars in the microwave. The heat is uneven and can product "hot spots" that can scald baby's mouth and throat.

STORAGE OF BABY FOOD— ADVICE FROM USDA

Opened or Freshly Made:	Refrigerator	Freezer
Strained fruits and vegetables	2-3 days	6-8 months
Strained meats and eggs	1 day	1-2 months
Meat/vegetable combination	1-2 days	1-2 months

FOOD SAFETY BASICS FOR CHILDREN

Here's Why Food Safety Is Important.

Children under 5 are susceptible to foodborne illness because their immune systems aren't fully developed. Because of this, illness can lead to serious complications, even death.

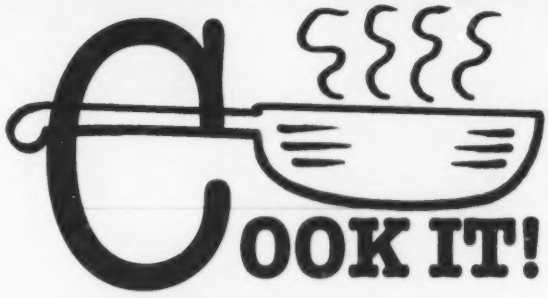
Some foods pose special risks. These foods include: raw or undercooked meat, poultry, fish or eggs, and unpasteurized milk.

Remedies

Keep in mind these three keys to safe food handling:

- Cook it! Thoroughly cook meat, poultry, fish or eggs.
- Clean it! Don't contaminate other foods with bacteria from juices in uncooked meat, poultry, fish or eggs.
- Cool it! Refrigerate cooked leftovers promptly in small, shallow containers. Improper cooling is one of the most common causes of foodborne illness.

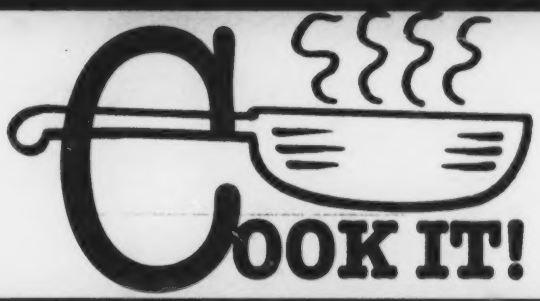
BASIC SAFE FOOD HANDLING



COOK IT!

CLEAN IT!

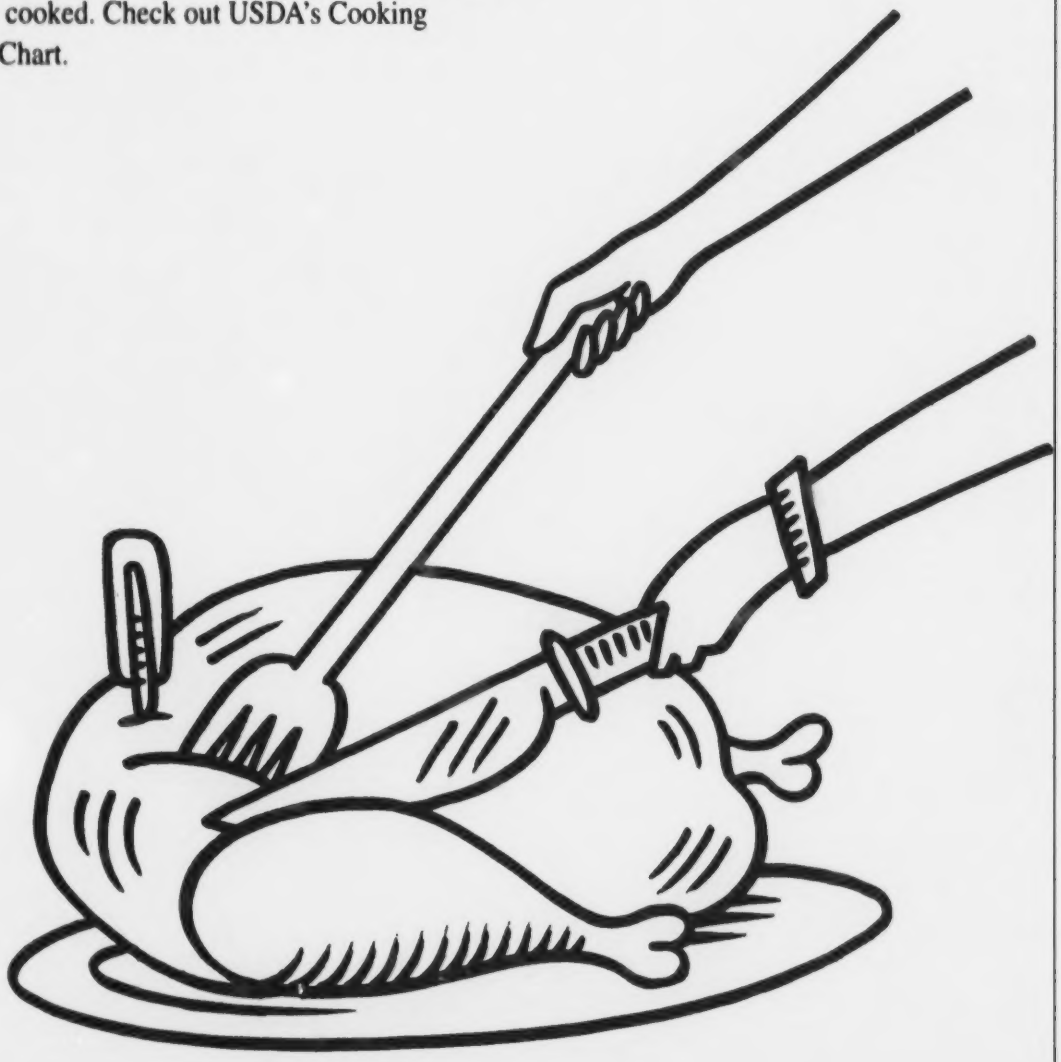
COOL IT!



COOK IT!

Cooking food thoroughly is the single best protection you and your children have against foodborne illness.

Using a meat thermometer is the surest way of knowing food is thoroughly cooked. Check out USDA's Cooking Temperature Chart.



Cooking Temperatures

Product	Fahrenheit
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160
Ground Meat & Meat Mixtures	
Turkey, chicken	165
Veal, beef, lamb, pork	160
Fresh Beef	
Medium Rare	145
Medium	160
Well Done	170
Fresh Veal	
Medium Rare	145
Medium	160
Well Done	170
Fresh Lamb	
Medium Rare	145
Medium	160
Well Done	170

Product	Fahrenheit
Fresh Pork	
Medium	160
Well Done	170
Poultry	
Chicken, whole	180
Turkey, whole	180
Poultry breasts, roast	170
Poultry thighs, wings	Cook until juices run clear
Stuffing (cooked alone or in bird)	165
Duck & Goose	180
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140
Seafood	
Fin fish	145
Minced fish such as fish sticks, fish or seafood patties	155
Stuffed fish or seafood stuffing	165
Oysters, clams, mussels	165
Shrimp, lobster, crab or other seafoods	145

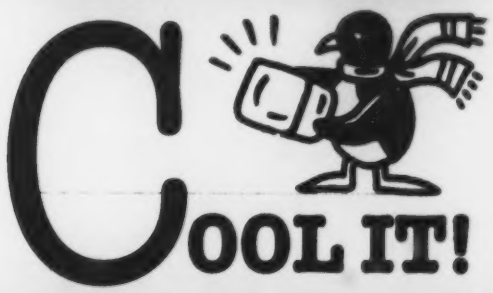
CLEAN IT!

- **WASH hands and work surfaces, like counters BEFORE starting food preparations**
- **WASH hands, working surfaces and utensils AFTER touching raw meat or poultry. And if children have helped in meal preparation, make sure they wash their hands as well.**

Why is this important? Raw meat, poultry and eggs can contain dangerous bacteria. To keep bacteria from spreading, it's important to wash anything that comes in contact with these raw foods.

For instance, don't chop salad vegetables on a cutting board where you've just trimmed raw meat or poultry. Clean the board thoroughly before using again.

A Helpful Hint: To prevent the spread of bacteria from raw foods, store them on the bottom shelf of your refrigerator or on a plate. This helps prevent juices from dripping on other foods, like fruits and vegetables.



COOL IT!

Cooling Tips:

One of the most common causes of food-borne illness is improper cooling.

Cooked food needs to be cooled rapidly so dangerous bacteria don't multiply.

Because of this, cooked food needs to go into the refrigerator while it's still hot. It's not safe to cool it on the counter.

Cooked food needs to be stored in shallow containers—less than 3 inches deep—to speed up cooling. And don't cover the food until it's cool.

(P.S. Double check to make sure that no juices from raw meat or poultry can drip onto uncovered, cooling foods.)

COOL IT!

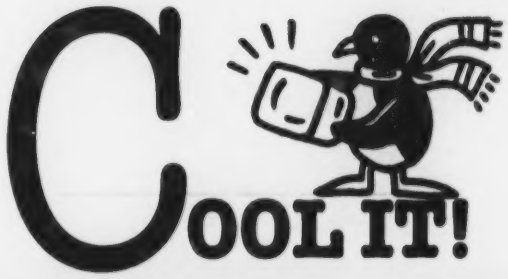
HOW LOW WILL IT GO?

How long would it take for the temperature to drop to a safe level if you were to refrigerate an 8 inches stock pot of steaming chicken soup?

24 HOURS!!

To be safe, store hot food in shallow containers in layers less than: **THREE INCHES** deep

NOTE: *These SHORT but safe time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. These time limits will keep frozen food at top quality.*



COLD STORAGE

Product	Refrigerator (40° F)	Freezer (0° F)
Eggs		
Fresh, in shell	3 weeks	Don't freeze
Raw yolks, whites	2-4 days	1 year
Hardcooked	1 week	Don't freeze well
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
and unopened	10 days	1 year
Mayonnaise, commercial		
Refrigerate after opening	2 months	Don't freeze
TV Dinners, Frozen Casseroles		
Keep frozen until ready to serve		3-4 months
Deli & Vacuum-Packed Products		
Store prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3-5 days	
Pre-stuffed pork & lamb chops, chicken breasts stuffed with dressing	1 day	
Store-cooked convenience meals	1-2 days	
Commercial brand vacuum packed dinners with USDA seal	2 weeks, unopened	
Soups & Stews		
Vegetable or meat-added	3-4 days	2-3 months
Hamburger, Ground & Stewed Meats		
Hamburger & stew meats	1-2 days	3-4 months
Ground turkey, veal, pork, lamb & mixtures of them	1-2 days	3-4 months
Hotdogs & Lunch Meats		
Hotdogs, opened package	1 week	
unopened package	2 weeks	In freezer wrap
Lunch meats, opened	3-5 days	1-2 months
unopened	2 weeks	
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw from pork, beef, turkey	1-2 days	1-2 months
Smoked breakfast links, patties	7 days	1-2 months
Hard sausage—pepperoni, jerky sticks	2-3 weeks	1-2 months
Ham, Corned Beef		
Corned beef in pouch with pickling juices	5-7 days	1 month
Ham, canned - Label says keep refrigerated	6-9 month	Don't freeze
Ham, fully cooked—whole	7 days	1-2 months

COOL IT!

Also important:

- Because bacteria multiply rapidly at room temperature, remember to promptly refrigerate perishable groceries.

And,

- Never thaw food on the counter. Thaw in the refrigerator, under cold running water, or in the microwave. (Plan to cook right away, should you thaw in the microwave.)

COLD STORAGE

Product	Refrigerator (40° F)	Freezer (0° F)
Ham, fully cooked—half	3-5 days	1-2 months
Ham, fully cooked—sliced	3-4 days	1-2 months
Fresh Meat		
Steaks, Beef	3-5 days	6-12 months
Chops, pork	3-5 days	4-6 months
Chops, lamb	3-5 days	6-9 months
Roasts, beef	3-5 days	6-12 months
Roasts, lamb	3-5 days	6-9 months
Roasts, pork & veal	3-5 days	4-6 months
Variety meats—Tongue, brain, kidney, liver, heart, chitterlings	1-2 days	3-4 months
Meat Leftovers		
Cooked meat and meat dishes	3-4 days	2-3 months
Gravy & meat broth	1-2 days	2-3 months
Fresh poultry		
Chicken or turkey, whole	1-2 days	1 year
Chicken or turkey pieces	1-2 days	9 months
Giblets	1-2 days	3-4 months
Cooked Poultry, Leftover		
Fried chicken	3-4 days	4 months
Cooked poultry dishes	3-4 days	4-6 months
Pieces, plain	3-4 days	4 months
Pieces covered with broth, gravy	1-2 days	6 months
Chicken nuggets, patties	1-2 days	1-3 months
Fin Fish		
Lean fish (cod, flounder, haddock, halibut)	1-2 days	6-12 months
Medium flavored fish (pollack, perch, rockfish, trout)	1-2 days	4-9 months
Full flavored fish (salmon, tuna, mackerel)	1-2 days	2-9 months
Shellfish		
Live lobster or crab	1-2 days	Don't freeze
Shrimp or scallops	2-3 days	3-5 months
Frozen Seafood		
Commercially frozen seafood		6-12 months
Lobster tail		6-8 months
Cooked seafood	1-2 days	3 months

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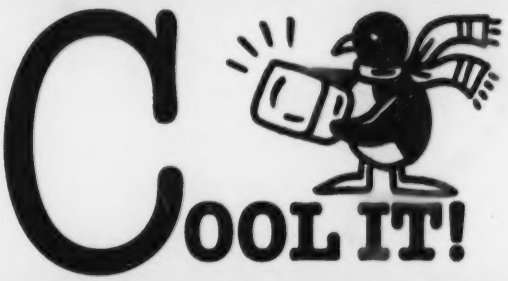
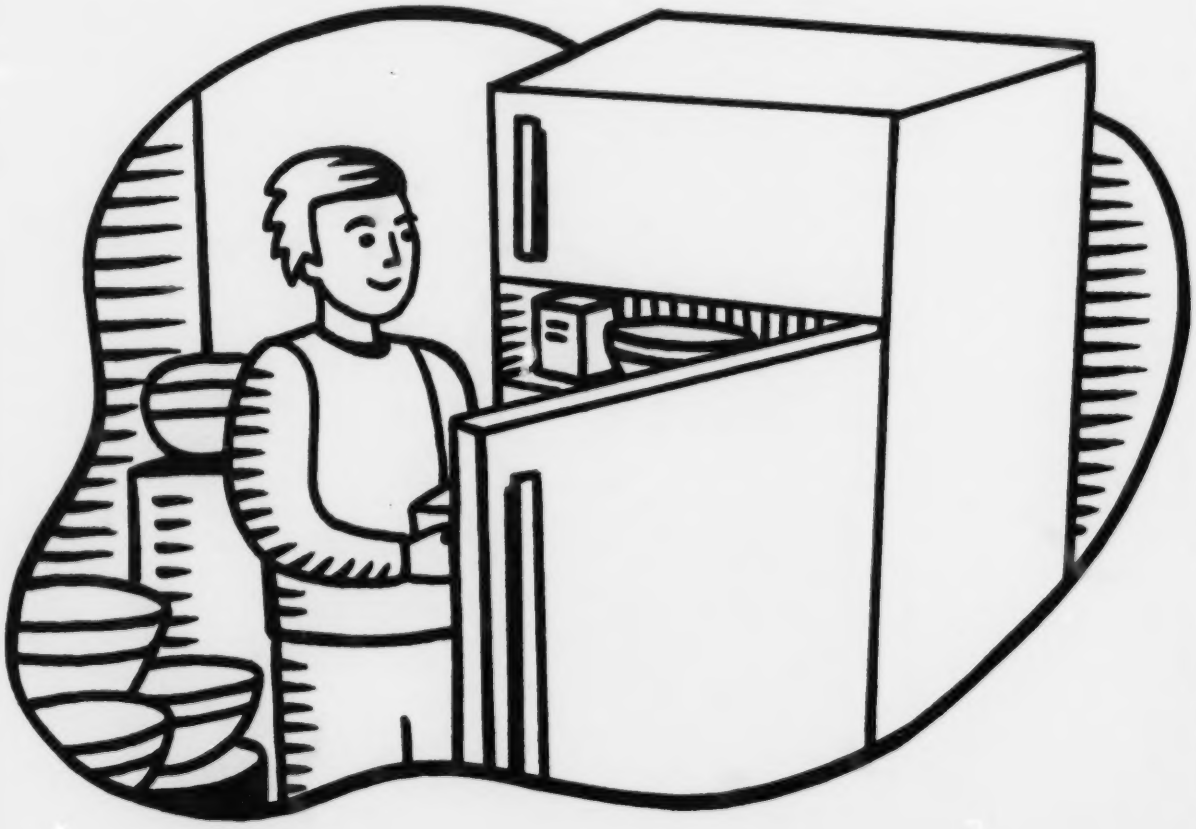


Cool It!

HANDLE LEFTOVERS SAFELY.

- **Perishable foods that have been served to children and not eaten should be thrown away.**
- **Why? Because bacteria multiplies rapidly in food left at room temperature. Food that has been prepared, but not served, should be refrigerated immediately. Serve within 24 hours or throw away.**



COOL IT!

FIELD TRIP FOOD SAFETY

- **Bacteria can quickly multiply to dangerous levels when foods, like sandwiches, are left at room temperature.**

Keep foods safe by:

- **Keeping sandwiches in an insulated lunch bag with a frozen gel pack OR with a frozen juice box**
- **Freezing sandwiches overnight. They'll thaw by lunchtime, but stay cold and safe.**
- **Packing sandwiches in a cooler with ice or cold source**

Keep Cold

Some foods that need to stay cold include:

- Meat and poultry sandwiches or salads
- Tuna and egg salads
- Milk, cheese or yogurt
- Opened cans of fruit or pudding
- Peeled or cut fruits and vegetables

Room Temp Safe

Some foods that don't need to be kept cold include:

- Peanut butter sandwiches
- Cookies
- Crackers
- Commercially dried fruit
- Unopened cans of fruit or pudding
- Unopened juice boxes
- fruit-filled pastries

A SPECIAL ALERT: Unpasteurized milk is not safe for children. It can be a source of *E. coli* O157:H7, as well as other potentially harmful bacteria. If your children are on a field trip to a dairy, **NEVER** let them sample raw, unpasteurized milk.

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RESOURCES

Order Now!

"The ABC's of Safe and Healthy Child Care"— Low-cost video and poster on handwashing and diaper changing from the Centers for Disease Control and Prevention. Only $20-25 for the video and $5 for the poster. Call:

- **The Public Health Foundation**, 1-800-418-7246. Order numbers: Tape, VT-006. Poster, VT-006PE (English) or VT-006PS (Spanish).

OR

- **National Technical Information Service**, 1-800-CDC-1824. Order numbers: Tape, AVA 19692-VNB1. Poster PB95-188199 (English) or PB95-188207 (Spanish).

For general child care information as well as a copy of the **National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs***, contact:

National Maternal and Child Health Clearing House
2070 Chain Bridge Road
Suite 450
Vienna, VA 22182
703/821-8955

*Always check with your local health department for standards and guidelines that apply to child care.

OTHER LOCAL RESOURCES	PROVIDES
The American Red Cross	a 27 hour course on health issues for child care
USDA Extension offices	training, publications
Local chapters/American Academy of Pediatrics	training materials, videos

FEDERAL RESOURCES	PROVIDES
Food Safety and Inspection Service U.S. Department of Agriculture Washington, D.C. 20250	USDA Meat and Poultry Hotline 1-800-535-4555 weekdays, 10-4 ET FSIS Home Page in the World Wide Web: http://www.usda.gov/fsis
Food and Drug Administration Center for Food Safety and Applied Nutrition 200 C St., S.W. Washington, D.C. 20204	Seafood Hotline 1-800-332-4010 weekdays, 12-4 ET; Information on the FDA Food Code
Child Care Bureau Administration for Children and Families Health and Human Services 400 Sixth St., SW Washington, D.C. 20013 202/205-8347	Child Care Clearinghouse 1-800-616-2242 Newsletter
Child & Adult Care Food Program Food and Nutrition Service, USDA 3101 Park Center Drive Alexandria, Va. 22301	Administers USDA Child and Adult Care Food Program
National Food Service Management Institute The University of Mississippi P.O. Drawer 188 University, Mississippi 38677-3054 601/232-7658	Training to USDA funded child care providers

FEDERAL RESOURCES	PROVIDES
Foodborne Illness Education Information Center National Agriculture Library Room 304 10301 Baltimore Blvd. Beltsville, Md. 20705-2351	Resource center for USDA funded child care providers
National Resource Center for Health & Safety In Child Care 2000 15th St., N. Suite 701 Arlington, Va. 22201-2617 703/524-7802	Publications, resources
National Maternal and Child Health Clearinghouse 2070 Chain Bridge Road Suite 450 Vienna, VA 22182 703/821-8955	Clearinghouse

Questions on Food Safety—Call

ORGANIZATIONS

American Academy of Pediatrics
141 Northwest Point Blvd.
P.O. Box 927
Elk Grove Village, Ill. 60009-0927
847/228-5005

American Dietetic Association
216 W. Jackson Blvd.
Ste. 800
Chicago, Ill. 60606
312/899-0040

American Public Health Association
1015 15th St., N.W.
Washington, D.C. 20005
202/789-5600

American Red Cross
Health and Safety Operations
430 17th St., N.W.
Washington, D.C. 20006
202/737-8300

Early Childhood Directors Association
450 North Syndicate
Suite 80
St. Paul, Minn. 55104
612/603-5853

National Association for the Education of Young Children
1509 16th St.,
Washington, D.C. 20036
202/328-2603

National Center for Education in Maternal & Child Health
Georgetown University
2000 Fifteenth Street North
Suite 701
Arlington, VA 22201
703-524-7802

United States Department of Agriculture
Food Safety and Inspection Service

November 1996

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